

# What's on the Menu?

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>BREAKFAST</b>	Chex Cereal Bananas Organic Milk	English Muffin Homemade Jam Pears Organic Milk	French Toast Casserole with Peaches Apples Organic Milk	Happy Thanksgiving	Cornflakes Bananas Organic Milk
<b>LUNCH</b>	Chicken Tacos on Whole Wheat Tortillas Salsa and Cheddar Cheese Steamed Carrots Pears Organic Milk <i>Sub: Veggie Chicken Tacos</i>	Friendsgiving Roasted Turkey with Gravy Roasted Sweet Potatoes Steamed Green Beans Oranges Organic Milk <i>Sub: Veggie Roasted Turkey</i>	Cheese Raviolis with Marinara Sauce Steamed Cauliflower Pears Organic Milk	Happy Thanksgiving	Grilled Chicken Nuggets Sweet Potato Fries Pears Organic Milk <i>Sub: Veggie Chicken Nuggets</i>
<b>AFTERNOON SNACK</b>	Whole Grain Cheddar Crackers Apple Sauce Water	Sun Butter and Banana Sandwich Water	Oatmeal Squares Apples Water <i>Sub: Crackers and Fruit for infants</i>	Happy Thanksgiving	Homemade Apple Cinnamon Bread Oranges Water
<b>EVENING SNACK</b>	Trail Mix	Pita Chips	Pretzel Twist	Happy Thanksgiving	Nutrigrain Bar

- ▶ All meals are baked, not fried
- ▶ Vegetarian meal options available
- ▶ Fresh fruits and vegetables served daily
- ▶ Proteins include chicken, turkey, beef, tofu, cheese, and beans
- ▶ Organic whole milk served to infants and toddlers
- ▶ Organic 1% milk served to young preschool, preschool, and kindergarten prep
- ▶ All meals served family style and are included in the tuition

Vegetarian  
Option